

## PRACTICAL SUGGESTIONS



I presume every nurse knows about wrapping lumps of coal in paper to avoid noise if she has to keep up a fire in a grate or stove during the night.

K. K.

USE pumice stone to take off the little black spots which are often found on the bottom of a chamber. Such little spots may disturb a nervous patient very much.

K. K.

BEFORE using a sauce pan to heat milk, soup, etc., rinse it with a little cold water and do not dry it. This keeps the liquid from sticking to the bottom or sides of the saucepan.

K. K.

TO save cracked ice all night, wrap it in heavy flannel, and place it in a fibre pail which has a plate on the bottom, round side up. Cover well, and set in an open window.

S. M. M.

IF a fire should be needed in a patient's room, where there is an open fire-place and no andirons, use two bricks placed about one foot apart to raise the wood from the hearth and give a draft to the fire.

K. K.

EVERY nurse finds lifting hard, but if she will follow this suggestion she will find it easy. First take a fall out position, then, before lifting, bend the knees well, so that the lifting will be done by the legs, not by the back.

S. M. N.

TO night nurses who can not sleep.—Eat a meal or lunch during the night, about twelve or later, but have five hours elapse before retiring, then take a neutral bath just before going to bed. Have your room airy, but darken your eyes by the use of an eye protector.

S. M. M.

ANOTHER nurse who does night work a great deal finds her aid to sleep in quite opposite methods from that given above. She goes to bed as usual and to sleep, but when the family dinner is ready at noon, she has a tray brought to her, sits up in bed, eats a hearty meal, and is then able to sleep well until her rest is complete. Before trying this plan she used always to wake at about two o'clock, feeling faint. She

thinks a night meal is never thoroughly enjoyed and that most night workers suffer from insufficient nourishment.

ONE of the great dangers in my present patient's case is her getting over-tired by visiting, and she always wants to see every one who comes to the house. If she knows of any one's coming she gets more excited over her being refused admission than she would in seeing her, so I have told the relatives that when they come they shall open the door softly and look for a little college flag. If they see it, they are not to come up or make a noise; if it is not there, they know all is well. They are all pleased with the idea and "mind" beautifully. M. N.



#### NEW YORK'S NEUROLOGICAL HOSPITAL

THROUGH the coöperation of several New York city neurologists, Robert W. Heberd, commissioner of public charities, has established the first neurological hospital with a separate medical board and a separate medical organization in America. The new hospital is to be known as the Hospital for Nervous Diseases of New York City, and is located on Blackwell's Island in detached pavilion wards near the City Home. Both acute and chronic cases will be treated; under the former class coming those border line diseases such as hysteria and St. Vitus's dance,—maladies which if treated properly at the proper time can be permanently cured. The present capacity of the hospital, including the hospital for incurables, is two hundred and fifty beds. Buildings for the further accommodation of one hundred patients are to be erected. Other new buildings will supply operating room and laboratory facilities and provide for special lectures and demonstrations on subjects of nervous disease. The general hospitals of the city already possess more than one thousand neurological patients awaiting admission to the new service.—*Charities*.

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OCCASIONAL happenings in the editorial office of the JOURNAL seem too good not to be shared. Recently when the editor was away, she telegraphed to her assistant: "Hold galley until I return." The galley is the first form of proof. Evidently the word was incomprehensible to the telegraphers, for when the message reached the office it read: "Hold Sallie until I return."